

**THE EFFECT OF ACUPRESSURE AT GB 21, LI 4, SI 1, ST 18 AND CV 17
POINTS ON BREAST MILK PRODUCTION IN MOTHERS OF INFANTS
AGED 4-14 DAYS AT PENUMPING HEALTH CENTER**

Ikrima Wahyu Shofiyana¹, Sri Kustiyati²
shofiya.students@aiska-university.ac.id
Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: Breast milk (ASI) is the primary source of essential nutrients for an infant's growth, development, and immune system. However, the 2023 Indonesian Health Survey reported that 56.2% of infants aged 0–5 months in Indonesia did not receive exclusive breastfeeding, partly due to insufficient milk production. Data from the Surakarta City Health Office in 2025 showed that in 15 out of 17 community health centers (puskesmas), cases were still found where infants did not receive full breastfeeding. A similar condition was observed at Penumping Health Center, where 3 out of 10 breastfeeding mothers experienced complaints of inadequate milk flow during the first to second week postpartum. One of the non-pharmacological approaches that can be used to enhance breast milk production is acupressure therapy. **Objective:** To determine the effect of acupressure at points GB 21, LI 4, SI 1, ST 18, and CV 17 on breast milk production in breastfeeding mothers with infants aged 4–14 days at Penumping Health Center, Surakarta. **Method:** This study employed a pre-experimental design using a one-group pretest-posttest approach. The sample consisted of 15 breastfeeding mothers selected through simple random sampling from total population of 34. Acupressure was administered every morning and evening for seven consecutive days. Data were analyzed using the Wilcoxon signed-rank test. **Results:** There was an increase in the average score of breast milk production from 7.9 before the intervention to 9.3 after the intervention, with a p-value of 0.001 ($p < 0.05$). **Conclusion:** Acupressure therapy at points GB 21, LI4, SI 1, ST 18, and CV 17 has a significant effect on improving breast milk production in breastfeeding mothers with infants aged 4–14 days at Penumping Health Center, Surakarta.

Keywords: Breast Milk, Acupressure, Milk Production, Breastfeeding Mothers, Infants Aged 4–14 Days.